

LOW CARB SNACKS LIST

1	Almond Flour Cheese Crackers	41	Hamburger Patty with melted cheese
2	Asparagus wrapped with bacon and grilled	42	Hard Boiled Eggs
3	Avocado Fries	43	Jalapeno Poppers
4	Avocado Slices with bacon	44	Kale Chips
5	Avocado, Tomato Slice and Mayo	45	Lettuce Wraps stuffed with tuna mayonnaise
6	Bacon and Cream Cheese Bites	46	Meatballs
7	Bacon and tomato wrapped in lettuce	47	Mini Chicken Pizza Bites
8	Bacon Egg Rolls	48	Mini Crustless Quiches
9	Bacon Strips dipped in nut butter	49	Nut Butter (almond, sunflower, macadamia)
10	Bacon wrapped avocado	50	Olives
11	Beef, Chicken or Turkey Jerky	51	Peanut butter
12	Bell Pepper Half stuffed with pizza toppings	52	Pecans
13	Berries with Coconut Cream	53	Pepperoni Pizza Bites
14	Blackberries	54	Pepperoni Slices and Cheddar Cheese Cubes
15	Blueberries	55	Pepperoni Sticks wrapped with sliced mozzarella
16	Boiled Eggs	56	Pork Rinds
17	Caprese skewers	57	Protein shakes
18	Cauliflower floret pizza bites	58	Radish Chips
19	Cauliflower tots	59	Radishes dipped in salt
20	Celery Sticks with cream cheese with Everything Seasoning	60	Raspberries
21	Celery sticks with peanut or almond butter	61	Red Bell Pepper Wedges stuffed with cream cheese
22	Celery sticks with tuna	62	Roasted Cauliflower Florets
23	Chaffles	63	Roasted Pumpkin Seeds
24	Cheese Chips	64	Sliced Salami, Pepperoni and Provolone
25	Cheese Slices	65	Smoked Salmon with Cream Cheese
26	Cheesecake Bites	66	Star Fruit Chips
27	Chicken Breast Chunks	67	String Cheese
28	Cucumber slices with cream cheese and Everything Seasoning	68	Stuffed Cucumber Bites
29	Cucumber, Red Pepper Crudites with Dip	69	Stuffed Deviled Eggs
30	Devilled Eggs	70	Stuffed mushrooms
31	Dill Pickles	71	Stuffed Olives
32	Dill Pickles with Cheese Slices	72	Sunflower Seeds
33	Fat bombs - sweet or savoury	73	Toasted Shredded Coconut Flakes
34	Flax Crackers	74	Tuna on Tomato Slices
35	Fried Cheese Curds	75	Turkey, Swiss and Bacon Roll-Ups
36	Full Fat Greek Yoghurt	76	Two Squares of Dark Chocolate
37	Guacamole	77	Zucchini Chips
38	Halloumi fries	78	Zucchini Fries with parmesan coating
39	Halloumi wraps with meat or vegetable filling	79	Zucchini Nacho Chips
40	Ham Rolls Ups with Pickles	80	Zucchini Pizza slices